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foreword

Live free. It is my debut book. I wanted to release this book years ago. Every time I was writing this book. But unfortunately I didn't take the plunge to eventually publish this book.

Actually, it was just an apology or I hadn't balanced the mind- set and the right priority together at the time. I'm changing that right now, this feels like a liberation.

Giving up does not occur in my dictionary, if my intuition indicates this is good I go for it. Dare to be yourself paves the way for you, because being yourself makes you happy. I feel this message purely inside and carry it out and pass it on so that everyone is free and can and may be themselves.

How can you live more free in the here and now. Find balance between right focus and mind-set. Keep balance and believe in your strength.

How do you live freely?

Don't think about the past right now, Don't focus on the future either.

Being in the now, present in this moment, be grateful for who you are and find satisfaction in that, that gives you energy and strength, your thoughts and right action allow you to make all your dreams come true.

I'm free now, without prejudice, without a doubt, you're perfect the way you are now, feeling free is a choice and you have now made it, one thing is now definitely your talent is no longer neglected.

In this moment, there's nothing to stop you having the right mind-set you've made your own, this will take you much further than lingering in the past or putting the focus on the future which is not yet up to us. The power in life is now.

Don't worry about anything because you know you have the strength to keep going and that you have the knowledge to solve the problem, don't forget that you have karma in your own hands. What you think you're going to be. Patience will be tested.

Be good and good will become your way. Sounds simple anyway and it is, just look at it and see it.

Setbacks in your path are temporary and motivating, think of it as a test how much you want to achieve something, it ensures that you learn to deal with situation more creatively, develop even more energy and gain persuasiveness. And when you reach your goal, you end up experiencing more Satisfaction.

What is the purpose of this book to motivate and inspire people, to encourage people to be the best they can be, helping them to start to get the best out of themselves, more energy and happiness and empower them, ultimately the most important thing is that people dare to be themselves.

Live Life, being one with yourself and not being held back by your environment. Dare to be yourself.

Live free.

Chapter 1 Being

The fortune seeker the person who is looking for true happiness

Breathe in, breathe out be one with yourself.

You'll find this in yourself, by living in the here and now.

Freeing yourself from distracting thoughts, not having to pretend to be something else.

Just accept yourself, know you're good as you are.

You don't have to convince the world around you, start with yourself.

Self-reflection paves the way to happiness, being yourself is not a utopia but the key to happiness.

The fortune seeker doesn't look outside for his happiness, but looks inwards.

A world opens up for you, being close to yourself seems obvious to many people.

Allow yourself to be yourself, live without worries now, today and tomorrow.



Chapter 2 Live in the here and now

Live in the here and now.

You don't get stuck in the past like that.

And you don't have to change the future.

Did you know that you form the world with your thought, what you think you become.

Your thoughts can make and break the world.

When you learn to listen to your intuition again, you will notice that your inner happiness is growing.

You don't look for true happiness from the outside, but you find it inside.

Be happy with yourself, that's pure wealth.

Learn to embrace yourself and you'll never be left empty-handed in life

and happiness is always in your own hands.

Happiness is a choice, dare to make your choice known to the world.

You will notice that and you can see signs in different things, that you are on the right track, your thoughts work like a mirror and if your mirror image is cheerful and positive you also attract the same energy. Teach yourself to always think positively and even if you are going through a nasty situation, learn to oversee the situation and take the lesson out of it that is yours.

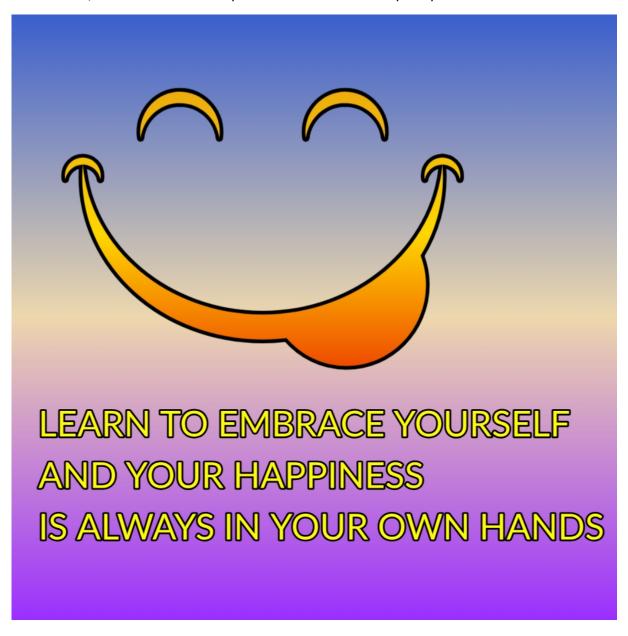
Open your eyes, follow your feelings, but listen to your intuition and think positively this will make it much easier for you to achieve success.

Chapter 3 Your soul is the only measure

Your soul is your only friend who never leaves you.

Strength finds its way the moment you dare to be yourself.

You can do it, dare to do it. Karma is your best friend and is always on your side.



Hoofdstuk 4 Be the flow

Be the flow, listen to your intuition this insight takes you further.

Be one with yourself and happiness find itself.

what you can't change is better to let go.

Because it costs you unnecessary energy.

